






















STEP AHEAD ACTIVITIES - 167 STANMORE ROAD, MAY 2019

Mahe Monday	Turei Tuesday	Wenerai Wednesday	Taita Thursday	Paraire Friday
		<p>1 10:00 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group - One Sentence Stories, read, discuss and write 12:30 Lunch (\$2.50) 1:00 Visit to Air NZ Engineering Hangars. 1:00 Craft - Retro String Art - Choose, design and prepare boards (\$2.50) 1:00 Documentary Group - watch and discuss 1:15 Tennis 5:00 Dinner at Pineacres Restaurant (Meals from \$14.00)</p>	<p>2 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:00 Golf Day - Hororata Golf Course (\$6.00) 10:30 Meals on Wheels 12:30 Budget Lunch - Pasta Bake, veggies and dessert (\$4.50). Bookings by 10am 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$3.50) 2:00 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>3 9:00 Tramp - Pidgeon Bay Walkway (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>6 10:00 Coffee Morning 10:30 Open Craft 11:00 Nutritionist (dietary advice) 12:30 Women's Group - Movie at New Brighton (\$2.00) 1:00 Walking Group</p> 	<p>7 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Holistic Wellness Group - see office for details</p> 	<p>8 10:00 Gym Group - bring a towel (\$4.00) 10:30 News and Views Discussion Group 12:30 Lunch (\$2.50) 1:00 Mini-Golf at Ferrymead (\$5.00) 1:30 Table Tennis at Blenheim Rd (\$1.00) 1:30 Guest Speaker - tips for keeping warm at home over winter</p> 	<p>9 9:00 Men's Group trip to Arthurs Pass 9:30 Warwickz Rare Breed Farm Visit. (\$7:00 by 2nd May to secure seat) 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Taioira QEII (\$3.50) 5:00 Beard/Word Games/Puzzles and Dinner (Chicken, veggies and dessert \$4.50)</p> 	<p>10 10:00 Gym Group - bring a towel (\$4.00) 10:00 Open Craft 11:00 Meditation 1:00 Mountain Biking (\$2.50 bike hire) 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>13 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - Quiz Afternoon 1:00 Walking Group</p> 	<p>14 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One - Chicken Filo Parcels - bring 1 chicken breast and (\$1.00)</p> 	<p>15 10:00 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group - Write ending for short story 12:30 Lunch (\$2.50) 1:00 Mini-Golf at Ferrymead (\$5.00) 1:00 Craft - String Art continued (\$2.50) 1:00 Documentary Group 1:30 Badminton at Cowles Stadium (\$2.50) 5:00 Dinner at Tai Tapu Hotel (Meals from \$16.00)</p> 	<p>16 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Sausages with onion and sauce, stuffed baked potatoes, veggies and dessert (\$4.50) - Bookings by 10am 1:00 Stone Carving (\$3.50) 1:30 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>17 9:00 Tramp - Tribulation Hut Rakaia River Valley (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>20 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - Guest speaker from the Mineral and Gems Club 1:00 Walking Group</p> 	<p>21 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:00 Men's Group visit to Air Force Museum</p> 	<p>22 10:00 Gym Group - bring a towel (\$4.00) 10:30 News and Views Discussion Group 10:30 Card Craft (\$2.50) 12:30 Lunch (\$2.50) 1:00 Visit Volunteering Canterbury 1:00 Op Shopping - Bring \$\$ 1:15 Tennis</p> 	<p>23 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 1:00 Stone Carving (\$3.50) 1:00 Golf Afternoon (\$6.00) 1:30 Swim/Relax at Taioira QEII (\$3.50) 5:00 Karaoke and dinner (Pea, Pie & Pud & Dessert \$4.50)</p> 	<p>24 10:00 Gym Group - bring a towel (\$4.00) 10:00 Open Craft 11:00 Meditation 1:30 Urban Biking with West members (\$2.50 bike hire) 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 
<p>27 10:00 Coffee Morning 10:30 Open Craft 1:00 Women's Group - Museum visit and optional café visit. Bring \$\$ 1:00 Walking Group 1:00 Christian Fellowship DVD</p> 	<p>28 10:00 Art with Selwyn (\$2.50) 1:00 Swim/Aquajog at Pioneer (\$3.50) 1:00 Gardening Group 1:00 Music Group 1:00 Mosaics (\$4.00 plus cost of board) 1:30 Cooking for One - Cheesy Sausage and Battered Bake. Bring 2 large sausages and (\$1.00)</p> 	<p>29 10:00 Gym Group - bring a towel (\$4.00) 10:30 Writers and Book Group - NZ Poets, read, discuss and write 12:30 Lunch (\$2.50) 1:00 Mini-Golf at Ferrymead (\$5.00) 1:00 Craft - Finish String Art Project (\$2.50) 1:00 Documentary Group 1:30 Table Tennis at Blenheim Road (\$1.00) 5:00 Dinner at Hoofbeats Restaurant (Meals from \$16.00)</p> 	<p>30 10:00 Walking Group 10:00 Painting Techniques (\$2.50) 10:30 Meals on Wheels 12:30 Budget Lunch - Spaghetti Bolognese, veggies and dessert (\$4.50) - Bookings by 10am 1:15 Member Staff Liaison Meeting 2:00 Stone Carving (\$3.50) 2:00 Swim/Relax at Taioira QEII (\$3.50)</p> 	<p>31 9:00 Tramp - Mt Alford. (See Chris or Di for details) 10:00 Open Craft 1:00 Sewing (\$1.00) 2:00 Christian Fellowship Group</p> 